



Formidable Strength & Conditioning Swimming WA Open Water Series Strength & Conditioning Program

Home Based - Requiring No Equipment

This program has been designed to complete in the comfort of your own home and requires no equipment. This program is ideal for anyone who has very little exercise experience or for someone looking for a program to supplement their current exercise program.

We do suggest you purchase a resistance band and fit ball, this will enable you to complete the other home based program and you will achieve greater strength and fitness to help you over the SWA Open Water Series.

Over the course of this 6 month program the volume, intensity and level of difficulty will continue to increase as you get fitter and stronger. If you have a targeted open water race coming up, decrease the week before and the week of the race's session volume by up to 50% to help you prepare for the race.

Please feel free to email us contact@formidablestrength.com.au or phone 0412 458 114 regarding any of the following:

Help on which program would suit your needs best;
Injury history that prevents you from doing certain exercises;
Unsure of what some of the exercises are.

For more information about who we are and what we do please visit our website
www.formidablestrength.com.au

From all the coaching team at Formidable Strength & Conditioning, we wish you a fun and fast SWA Open Water Series!!

#bformidable

In downloading the Formidable Programs, you hereby:

***declare that you have obtained independent legal advice; or**

***waive your right to obtain independent legal advice and accept this Disclaimer, Liability Waiver and Indemnification Agreement freely on your own volition without duress, coercion or undue influence.**

Disclaimer

Formidable Strength and Conditioning Pty Ltd (Formidable) has created online training programs (Formidable Programs) for use by members of the Western Australian Swimming Association Inc.

As with any physical activity, it is important that before beginning any fitness regime, you consult with your health care professional to ensure that you are mindful of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

No information contained in Formidable Programs are intended to be used as medical advice and the Formidable Programs are not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information contained in the Formidable Programs, you should carefully evaluate the accuracy and relevance of the information for their purposes and obtain appropriate professional medical advice.

You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

You require a moderate level of fitness to follow the Formidable Programs. Persons with pre-existing medical conditions, in poor health, or with any concerns as to commencement of a new fitness regime should consult with an appropriate healthcare professional before beginning any of these programs.

You are responsible for making your own inquiries and for seeking independent advice from a qualified healthcare professional before acting on any information or material made available to you through the Formidable Programs.

The information contained in the Formidable Programs may not be suitable to your particular circumstances and is not a substitute for obtaining specific advice from a qualified health care professional.

Formidable strongly recommends that you consult with your doctor before beginning any exercise program. If you are under 18, pregnant, or have health problems consult your doctor about specific medical conditions.

Liability Waiver and Indemnification Agreement

In consideration for having access to the Formidable Programs, you hereby waive, release, and discharge all claims and damages for personal injury, death and/or property damage which you may sustain as a result of participating in the Formidable Programs and resulting from negligence or misconduct whether by act or omission of Formidable.

This release is intended to discharge in advance Formidable, including its directors, officers, employees, contractors and/or agents including their heirs, agents, representatives, successors and assigns from and against all liabilities, actions, claims, demands, suits, hearings, expenses or costs arising from or in any way connected with your participation in the Formidable Programs and resulting from any negligence or misconduct and whether it be by act or omission of Formidable.

You acknowledge and agree that various activities related to the Formidable Programs can be hazardous in nature and that there is a possibility of serious accident(s), which may result in injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death. Notwithstanding the risks involved you voluntarily participate of your own volition in the Formidable Programs and hereby agree to assume all risks of injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death, and to release and hold harmless Formidable, including its directors, officers, employees, contractors and/or agents who through negligence or misconduct whether by act or omission may otherwise be liable to you.

You further agree to fully indemnify and to hold Formidable, its directors, officers, employees, contractors and/or agents free and harmless from any loss, liability, damage, cost or expense which they may incur as a result of any injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death that you may sustain while participating in the Formidable Programs.

By downloading the Formidable Programs, you agree that you have carefully read and fully understand this Disclaimer, Liability Waiver and Indemnification Agreement and acknowledge and agree that the terms of this Disclaimer, Liability Waiver and Indemnification Agreement become irrevocable between you and Formidable.

Star Jumps



	Week 1	Week 2	Week 3	Week 4
Sets x Reps	2 x 12-15	2 x 12-15	3 x 12-15	3 x 12-15
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Squat to Chair - Body Weight



Sets x Reps	2 x 8-12	2 x 8-12	3 x 8-12	3 x 8-12
Rest	30s	30s	30s	30s
Load				

Split Squat - Body Weight



Sets x Reps	2 x 8 EL	2 x 8 EL	3 x 8 EL	3 x 8 EL
Rest	30s	30s	30s	30s
Load				

Kneeling Push Up



Sets x Reps	2 x 8-12	2 x 8-12	3 x 8-12	3 x 8-12
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Bridge - Double Leg



Sets x Reps	2 x 12-15	2 x 12-15	3 x 12-15	3 x 12-15
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Streamline Position - Stretch



Sets x Reps	2 x 30 sec	2 x 30 sec	3 x 30 sec	3 x 30 sec
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Plank - Elbows & Knees



Sets x Reps	2 x 30 sec	2 x 30 sec	3 x 30 sec	3 x 30 sec
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Scapular Retraction - T Set



Sets x Reps	2 x 12-15	2 x 12-15	3 x 12-15	3 x 12-15
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Sit Up



Sets x Reps	2 x 12-15	2 x 12-15	3 x 12-15	3 x 12-15
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Week 1

Week 2

Week 3

Week 4

Day 1

Lunge - Body Weight



Sets x Reps	3 x 16-20	3 x 16-20	4 x 16-20	4 x 16-20
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Inch Walk - Hamstring Stretch



Sets x Reps	3 x 2-6	3 x 2-6	4 x 2-6	4 x 2-6
Rest	30s	30s	30s	30s
Load				

Dips - Chair



Sets x Reps	3 x 8-12	3 x 8-12	4 x 8-12	4 x 8-12
Rest	60s	60s	60s	60s
Load				

Arabesque - Touchdowns



Sets x Reps	3 x 6-10 EL	3 x 6-10 EL	4 x 6-10 EL	4 x 6-10 EL
Rest	60s	60s	60s	60s
Load				

Wall Sit & Hold - Isometric



Sets x Reps	3 x 30-60	3 x 30-60	4 x 30-60	4 x 30-60
Rest	60s	60s	60s	60s
Load				

Abdominal Brace - Alternate Leg, Leg Curls



Sets x Reps	3 x 8-16	3 x 8-16	4 x 8-16	4 x 8-16
Rest	30s	30s	30s	30s
Load				

Elbow to Knee Crunch - Feet Up - Alternate Side



Sets x Reps	3 x 8-12	3 x 8-12	4 x 8-12	4 x 8-12
Rest	60s	60s	60s	60s
Load				

Week 1**Week 2****Week 3****Week 4****Day 2****Star Jumps**

Sets x Reps	3 x 20	3 x 20	4 x 20	4 x 20
Rest	30s	30s	30s	30s
Load				

Lateral Step Down - Super Slow Down

Sets x Reps	3 x 8-12 EL	3 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL
Rest	60s	60s	60s	60s
Load				

Kneeling Push Up

Sets x Reps	3 x 10-16	3 x 10-16	4 x 10-16	4 x 10-16
Rest	30 sec	30 sec	30 sec	30 sec
Load				

Bridge - Feet On Wall

Sets x Reps	3 x 8-16	3 x 8-16	4 x 8-16	4 x 8-16
Rest	30s	30s	30s	30s
Load				

Scapular Retraction - T Set

Sets x Reps	3 x 20	3 x 20	4 x 20	4 x 20
Rest	30	30	30	30
Load				

Lying Opposite Arm & Leg Lifts

Sets x Reps	3 x 12-16	3 x 12-16	4 x 12-16	4 x 12-16
Rest	30	30	30	30
Load				

Lying Straight Leg Raise

Sets x Reps	3 x 12-16	3 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Week 1**Week 2****Week 3****Week 4****Day 1****Squat - Body Weight**

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Push Up

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	60s	60s	60s	60s
Load				

Arabesque - Hold - Arms to Side

Sets x Reps	4 x 30s ES	4 x 30s ES	4 x 30s ES	4 x 30s ES
Rest	30s	30s	30s	30s
Load				

Inch Walk - Hamstring Stretch

Sets x Reps	4 x 4-8	4 x 4-8	4 x 4-8	4 x 4-8
Rest	30s	30s	30s	30s
Load				

Single Leg Wall Sit & Hold - Isometric

Sets x Reps	4 x 15-30 EL	4 x 15-30 EL	4 x 15-30 EL	4 x 15-30 EL
Rest	30s	30s	30s	30s
Load				

Back Extension - Front Dish

Sets x Reps	4 x 8-16	4 x 8-16	4 x 8-16	4 x 8-16
Rest	30s	30s	30s	30s
Load				

Reverse Crunch

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Week 1**Week 2****Week 3****Week 4****Day 2****Wall Squat**

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Lateral Lunge

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Dips - Chair

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Calf Raise on Step - Double Leg

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Plank - Hands & Toes

Sets x Reps	4 x 30-90s	4 x 30-90s	4 x 30-90s	4 x 30-90s
Rest	30s	30s	30s	30s
Load				

Single Leg Bridge

Sets x Reps	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL
Rest	30s	30s	30s	30s
Load				

Kneeling Opposite Arm & Leg Extension

Sets x Reps	4 x 8-16	4 x 8-16	4 x 8-16	4 x 8-16
Rest	30s	30s	30s	30s
Load				

Week 1**Week 2****Week 3****Week 4****Day 1****Side Shuffle & Squat - Drill**

Sets x Reps	4 x 4 L 4 R	4 x 4 L 4 R	4 x 4 L 4 R	4 x 4 L 4 R
Rest	30s	30s	30s	30s
Load				

Arabesque - Hold

Sets x Reps	4 x 30-60 EL	4 x 30-60 EL	4 x 30-60 EL	4 x 30-60 EL
Rest	30s	30s	30s	30s
Load				

Push Up

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Dips - Chair

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Single Leg Calf Raise

Sets x Reps	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL
Rest	30s	30s	30s	30s
Load				

Kneeling Opposite Arm & Leg Extension

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Single Leg Bridge

Sets x Reps	4 x 16 EL	4 x 16 EL	4 x 16 EL	4 x 16 EL
Rest	30s	30s	30s	30s
Load				

Week 1**Week 2****Week 3****Week 4****Day 2****Squat - Body Weight**

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Lateral Lunge

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Inch Walk - Hamstring Stretch

Sets x Reps	4 x 4-8	4 x 4-8	4 x 4-8	4 x 4-8
Rest	30s	30s	30s	30s
Load				

Plank - Elbows & Toes

Sets x Reps	4 x 30-90	4 x 30-90	4 x 30-90	4 x 30-90
Rest	30s	30s	30s	30s
Load				

Abdominal Brace - Alternate Leg Extensions - Arms Overhead

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Lateral Raise - Cans

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Front Raise - Cans

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Week 1**Week 2****Week 3****Week 4****Day 1****Burpees**

Sets x Reps	4 x 6-8	4 x 6-8	4 x 6-8	4 x 6-8
Rest	90s	90s	90s	90s
Load				

Arabesque - Torso Rotations

Sets x Reps	4 x 6-8 EL	4 x 6-8 EL	4 x 6-8 EL	4 x 6-8 EL
Rest	60s	60s	60s	60s
Load				

Push Up

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Kneeling Opposite Arm & Leg Extension

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Side Plank On Knees

Sets x Reps	4 x 30-60	4 x 30-60	4 x 30-60	4 x 30-60
Rest	30s	30s	30s	30s
Load				

Upright Row - Cans

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Curl & Press - Cans

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Single Leg Bridge - Foot On Wall

Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Week 1**Week 2****Week 3****Week 4****Day 2****Side Shuffle & Squat - Drill**

Sets x Reps	4 x 4 L 4 R	4 x 4 L 4 R	4 x 4 L 4 R	4 x 4 L 4 R
Rest	30s	30s	30s	30s
Load				

Lateral Step Up

Sets x Reps	4 x 10 EL	4 x 10 EL	4 x 10 EL	4 x 10 EL
Rest	30s	30s	30s	30s
Load				

Plank - One Leg

Sets x Reps	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL	4 x 8-12 EL
Rest	60s	60s	60s	60s
Load				

Inch Walk - Hamstring Stretch

Sets x Reps	4 x 4-8	4 x 4-8	4 x 4-8	4 x 4-8
Rest	30s	30s	30s	30s
Load				

Lateral Raise - Cans

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Front Raise - Cans

Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Single Leg Calf Raise

Sets x Reps	4 x 16 EL	4 x 16 EL	4 x 16 EL	4 x 16 EL
Rest	30s	30s	30s	30s
Load				

Abdominal Brace - Alternate Leg Extensions - Arms Overhead

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Day 1

Burpees



	Week 1	Week 2	Week 3	Week 4
Sets x Reps	4 x 10-12	4 x 10-12	4 x 10-12	4 x 10-12
Rest	30s	30s	30s	30s
Load				

Arabesque - Torso Rotations



Sets x Reps	4 x 10 EL	4 x 10 EL	4 x 10 EL	4 x 10 EL
Rest	30s	30s	30s	30s
Load				

Bridge & Floor Press - Cans



Sets x Reps	4 x 12	4 x 12	4 x 12	4 x 12
Rest	30s	30s	30s	30s
Load				

Upright Row - Cans



Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Plank Position Opposite Arm & Leg Extension



Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Push Up to Side Plank



Sets x Reps	4 x 6-10 ES	4 x 6-10 ES	4 x 6-10 ES	4 x 6-10 ES
Rest	30s	30s	30s	30s
Load				

Abdominal Crunch - Mini Curl Ups - Legs Up



Sets x Reps	4 x 12-16	4 x 12-16	4 x 12-16	4 x 12-16
Rest	30s	30s	30s	30s
Load				

Week 1**Week 2****Week 3****Week 4****Day 2****Side Shuffle & Squat - Drill**

Sets x Reps	4 x 6-8 L 6-8 R	4 x 6-8 L 6-8 R	4 x 6-8 L 6-8 R	4 x 6-8 L 6-8 R
Rest	30s	30s	30s	30s
Load				

Push Up With Rotation

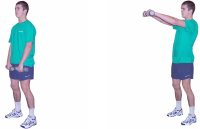
Sets x Reps	4 x 8-12	4 x 8-12	4 x 8-12	4 x 8-12
Rest	30s	30s	30s	30s
Load				

Lateral Step Up

Sets x Reps	4 x 10 EL	4 x 10 EL	4 x 10 EL	4 x 10 EL
Rest	30s	30s	30s	30s
Load				

Lateral Raise - Cans

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Front Raise - Cans

Sets x Reps	4 x 16-20	4 x 16-20	4 x 16-20	4 x 16-20
Rest	30s	30s	30s	30s
Load				

Back Extension - Front Dish

Sets x Reps	4 x 12	4 x 12	4 x 12	4 x 12
Rest	30s	30s	30s	30s
Load				

V-Sit with Support - Leg Press Action

Sets x Reps	4 x 8-16	4 x 8-16	4 x 8-16	4 x 8-16
Rest	30s	30s	30s	30s
Load				